

MAY | 2022

Monday

May 2nd

CREATIVE PROJECTS

10am-1pm

Today we'll be looking at the art of Kintsugi, putting broken pottery pieces back together with gold!

THE WOODWORK GROUP

1pm-3:30pm Join us in the workshop as we finish our book end project!

Tuesday

May 3rd

HEALTHY LIVING 9:30am-

1:30PM

Start your day right with chair yoga. Afterwards, we'll learn about plant leaves and their health benefits. We'll look at some of our favourite leaves then after lunch, we'll finish with a leafy brew of tea!

Wednesday

May 4th

SPICE OF LIFE 10am-2pm

Catch up with friends over morning tea at the centre. Then we'll head out for a scenic Autumn drive around Canberra before lunch at the Arboretum!



Friday

May 6th

MENS BUSINESS 10am-2pm

Join with friends and catch up over morning tea before we move into the workshop! We'll be making our own Kinetic Kangaroos and Rabbits before they battle it out for the Chocolate Cup!

May 9th

CREATIVE PROJECTS

10am-1pm

Today we'll continue working on our Kintsugi project before lunch!

THE WOODWORK GROUP

1pm-3:30pm

Join us for an afternoon in the workshop as we finish our book end project!

May 10th

HEALTHY LIVING 9:30am-

1:30PM

Enjoy a session of chair yoga before we move onto some fun brain games! We'll try some tricky brain teasers, memory extensions and physical challenges as we enjoy keeping our body and mind fit and active!

May 11th

SPICE OF LIFE 10am-2pm

Today, we'll be celebrating International Nurses Day! We'll look at how nursing has changed over the years and celebrate the nurses in our community with some fun games!

May 13th

MENS BUSINESS 10am-2pm

Join with friends and catch up over morning tea before we try our hand WED Clay sculpting, led by sculpting professional, Brian!

Monday

May 16th

CREATIVE PROJECTS

10am-1pm

Catch up with friends before putting your skills to good use making toys and blankets for the Canberra Hospital Foundation!

THE WOODWORK GROUP

1pm-3:30pm

Join us for an afternoon in the workshop as we start a new exciting project making hopping rabbits!

Tuesday

May 17th

HEALTHY LIVING 9:30am-

1:30pm

Start your day right with chair yoga. Then we'll explore the nutritional benefits of seeds. We will dive deeper into how we can use seeds in our meals and trial some Arabic traditions of seeded recipes.

Wednesday

May 18th

SPICE OF LIFE 10am-2pm

Hola! Today we will be jetting off to Chile!

Complete with passports, piñatas and a delicious Chilean lunch, join us for the trip of a lifetime!



Friday

May 20th

MENS BUSINESS 10am-2pm

Enjoy a day at the centre catching up with friends over morning tea and lunch! Then we'll continue learning about WED sculpting and working on our own unique sculptures!

May 23rd

CREATIVE PROJECTS AND THE WOODWORK GROUP DAY TRIP!

Join us for a special day out as we venture to Bungendore! We'll have a look around town and stop by the Woodworks Gallery before lunch at the café next door! If you would like to come along, please let your facilitator know or call Tess on 6293 6254

May 24th

HEALTHY LIVING 9:30am-1:30pm

A day to enjoy the outdoors, fresh air and scenery of Canberra. Together we will venture to the National Arboretum and tour the Bonzi Garden. After learning about this technique, we'll enjoy a tasty lunch at the Arboretum Cafe

May 25th

SPICE OF LIFE 10am-2pm

Join with friends for a special day at the centre celebrating Multicultural Day! We'll look at a variety of different cultures and celebrate them over a delicious lunch followed by some fun games!

May 27th

MENS BUSINESS 10am-2pm

Catch up with friends over morning tea at the centre. Then we'll head out for a scenic Autumn drive around Canberra before lunch at the Arboretum!

Thursday

May 26th

SILVER IS GOLD' SENIORS EXPO!

On Thursday, 26th of May, we'll be heading to the Silver is Gold Seniors Expo at Exhibition Park! The expo will feature a range of health, leisure, hobby and lifestyle stalls catering to all seniors in the Canberra Community. There will be giveaways and exciting prizes. All seniors are welcome, entry by gold coin donation, transport is available.

If you would like to come along, please let your group facilitator know or book by calling 6293 6254.

We will provide more details in the coming weeks, so stay tuned!